

# Intermediate 10-miler practice schedule

## WEEK 1

Monday: Rest

Tuesday: 5 mi w/ 3 mi @ LT pace

Wednesday: Cross-train

Thursday: 5 mi w/ 1/4 mi x 6 @ 5-Kk pace, 1/4-mi recovery

Friday: 4 mi @ 65% MHR

Saturday: Cross-train

Sunday: 6 mi @ 75/80% MHR

Total: 20 mi

## WEEK 2

Monday: Rest

Tuesday: 5 mi w/ 3 mi @ LT pace

Wednesday: Cross-train

Thursday: 5 mi w/ 1/2 mi x 4 @ 5-K pace, 1/4-mi recovery

Friday: 4 mi @ 65% MHR

Saturday: Cross-train

Sunday: 8 mi @ 75/80% MHR

Total: 22 mi

## WEEK 3

Monday: Rest

Tuesday: 6 mi w/ 4 mi @ LT pace

Wednesday: Cross-train

Thursday: 5 mi w/ 1/2 mi x 4 @ 5-K pace, 1/4-mi recovery

Friday: 5 mi @ 65% MHR

Saturday: Cross-train

Sunday: 10 mi @ 75/80% MHR

Total: 26 mi

## WEEK 4

Monday: Rest

Tuesday: 6 mi w/ 4 mi @ LT pace

Wednesday: Cross-train

Thursday: 7 mi w/ 1 mi x 3 @ 10-pace, 3- min recovery

Friday: 4 mi @ 65% MHR and 4 x 45-sec pickups

Saturday: Cross-train

Sunday: 8 mi w/ 6 mi @ 75/80% MHR and 1 mi @ LT

Total: 25 mi

## WEEK 5

Monday: Rest

Tuesday: 7 mi w/ 5 mi @ LT pace

Wednesday: Cross-train

Thursday: 5 mi w/ 6 x Uphills

Friday: 6 mi @ 65% MHR and 6 x 45-sec pickups

Saturday: Cross-train

Sunday: 12 mi w/11 mi @ 75/80% MHR and 1 mi @ LT

Total: 30 mi

## **WEEK 6**

Monday: Rest

Tuesday: 6 mi w/ 2 mi x 2 @ LT pace, 4-min recovery

Wednesday: Cross-train

Thursday: 5 mi @ 65% MHR

Friday: 3 mi very easy

Saturday: Cross-train

Sunday: 10-K Race

Total: 20 mi

## **WEEK 7**

Monday: Rest

Tuesday: 6 mi w/ 4 mi @ LT pace

Wednesday: Cross-train

Thursday: 7 mi w/ 1 mi x 3 @ 10-K pace, 3-min recovery

Friday: 6 mi @ 65% MHR and 8 x 45-sec pickups

Saturday: Cross-train

Sunday: 14 mi @ 75/80% MHR and mi 8 to 10@ LT

Total: 33 mi

## **WEEK 8**

Monday: Rest

Tuesday: 6 mi w/ 1/4 mi x 6 @ 5-K pace, 1/4-mi recovery

Wednesday: Cross-train

Thursday: 5 mi @ 65% MHR

Friday: 3 mi very easy

Saturday: Rest

Sunday: 10 mi time trial at goal race pace

Total: 24 mi

## **WEEK 9**

Monday: Rest

Tuesday: 5 mi w/ 3 mi @ LT pace

Wednesday: Cross-train

Thursday: 5 mi w/ 1 mi x 2 @ 5-K pace, 5-min recovery

Friday: 4 mi @ 65% MHR and 8 x 45-sec pickups

Saturday: Cross-train

Sunday: 6 mi w/ 3 mi @ 75/80% MHR and 3 mi @ LT

Total: 20 mi

## **Week 10**

Monday: Rest

Tuesday: 5 mi w/ 3 mi @ 75% MHR

Wednesday: Cross-train

Thursday: 4 mi easy w/ 6 x 45-sec pickups

Friday: Rest

Saturday: 20 minutes very easy

Sunday: 10 MILER

## **Workout Key**

### **Workout Percent of Maximum Heart Rate (MHR)**

Easy run and long run 65-75%

Tempo run 87-92%

Interval repeats 95-100%

### **Race Distance**

5-K 95-97%

10-K 92-94%

Half-marathon 85-88%

Marathon 80-85%

**LT Pace:** Lactate Threshold Pace is your 10-K race pace per mile, plus about 20 seconds, or about 85 percent of your maximum heart rate (MHR below).

**Track Striders:** On a quarter-mile track, run the straights hard but not all out, and jog the turns for recovery.

**Downhills:** Find a gentle hill that is about 100 yards long. Run down hard but controlled, and jog back up for recovery.

**Uphills:** Find a hill that is about a quarter to a half mile in length with a five to eight percent grade, which is challenging, but not so steep that you can't sustain a strong uphill effort. Run up it at your 10-K race pace. Recover by walking back down the hill to your starting point.